

## MYC TRAINING OVERVIEW

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### Introduction

Mumbles Yacht Club (MYC) is an RYA Training Centre, OnBoard Club and has Volvo Championship Club accreditation, which recognises those sailing clubs with a commitment to youth sailing and race coaching.

MYC offers adult and youth RYA accredited courses in sailing, windsurfing, power boating and RYA Theory courses. For more information about RYA courses click the Training Centre logo at the top of the website.

All MYC courses are run by qualified instructors and encourage the development of sailing skills in a supportive, safe and friendly environment.

Young sailors especially will also benefit from team working, learn about safety in and around water, responsibility to themselves and others, build confidence, and above all have fun and make new friends.

Training is only available to members of the Club; however adults joining for the first time will enjoy pro rata membership from the date that they start a course until the end of the membership year in October.

MYC has a fleet of dinghies, for new sailors to learn in, including Optimists, Toppers, RS Fevas, 420's, Lasers and Wayfarers, and we now also have Dart 16's for those who want to experience CAT sailing, so you only need to make sure you have the correct clothing to sail.

## **Child/youth sailing courses**

These courses are for children and youths aged 8-15 years inclusive, and include an Under 8's Club after school on a Thursday.

Most evening courses will start at 5.30pm. Unless otherwise requested all sailors should be changed, and ready to attend a briefing in the Galley on the first floor of the Club House at 5.30pm. Sailors with their own boats should also have their boats rigged by 5.30pm.

The course start times may vary slightly due to tide/light conditions. Sailors should assume they should be changed (and rigged if appropriate) by the start time, ready for the briefing

All the courses are subject to change, subject to demand and availability. Courses may also be affected by weather and tides.

**A week before the courses start, new sailors and their parents/ guardians will be invited to attend an induction, (see Training Calendar for dates) when they will be able to meet instructors, and the other key members of the team at MYC. Sailors will be briefed on the courses, facilities at the club and opportunities available to children and parents alike. The Galley will be serving meals on this evening, and we hope you will take the opportunity to sample the food on offer and enjoy a drink at the bar. You will also be able to enrol.**

- **Under 8's Club**

The under 8's Club runs on a Thursday from 4:00pm until 5:30pm, and runs for 8 weeks starting 2 weeks later than other youth courses. There is a minimum age of 6 (on the 1<sup>st</sup> of September of the preceding year). The after school club is aimed to introduce local youngsters to the sport in a step by step motion. It is very much based around a fun learning environment where they learn about balance, wind, water, parts of the boat and other variables. Learning through games and experiments this is a great friendly introduction to the sport.

The course will be instructed by fully qualified RYA instructors. The ratio of instructors to sailors will be 1:3. We also stipulate for the under 8's a parent or guardian must be onsite at all times.

- **Beginners**

This course is run over 12 sessions. Aspiring sailors will learn to rig their boat, and by the end of the course should be able to launch, sail and then return back to shore.

The first two sessions are planned for the Easter Holidays, so that with 2 days intensive sailing, sailors should have achieved RYA Stage 1.

Over the following 10 weeks sailors will then work towards RYA Stage 2. By the end of the season sailors should be ready (if they want) to join in the fun at Llangorse Lake, in the Acorn Regatta, over August Bank Holiday weekend!

- **Intermediate**

A 10 week course for sailors probably in their second or third season, who are either working towards Stage 2, or have already achieved Stage 2 and want to develop their skills, so that they can progress to the Thursday evening Racing.

Sailors should by now also be able to enter the CYRC's, and other events, or even apply for the Regional Development Squads!

- **Double Handers**

A 10 week course for sailors probably in their second or third season, who want to sail double handers develop their skills, and progress to the Thursday evening Racing.

- **Racing**

On a Thursday evening sailors who have achieved RYA Stage 2, and developed their skills and confidence, are able to join in the racing and games, with other sailors in various classes of boats.

In the winter when light fades, Racing switches to a Saturday morning.

Racing continues throughout the year, in blocks of 10 sessions. In the winter months these will not necessarily be on consecutive weeks, as it will be affected by other training, events, tides and weather.

For a flavour of some of the skills you might expect to achieve or be learning by now, take a look at:-

- [www.ryachampionclubtv.co.uk](http://www.ryachampionclubtv.co.uk)

- **On Board**

OnBoard is about sailing and windsurfing clubs teaching more children to sail and about keeping them involved in sailing, for life.

MYC is working with local schools to bring more young people into sailing. Pupils who have participated in an OnBoard course through their school, will be invited to apply for Monday, Wednesday or Thursday beginners courses.

As an OnBoard Club, MYC receives:-

- Access to grants for volunteer development and training
- An allocation of Henri-Lloyd clothing for volunteers running OB youth activities
- Access to grants for OnBoard equipment
- Local expert advice on junior activities, club facilities and equipment

For more information about OnBoard see:-

- [www.welshsailing.org/newswal/detail/Pages/SouthWalesgetsOnBoard.aspx](http://www.welshsailing.org/newswal/detail/Pages/SouthWalesgetsOnBoard.aspx)

- [www.ruob.co.uk](http://www.ruob.co.uk)

- **Newts week**

This a 5 day course in the school summer holidays. A mixture of training and fun, it is always booked up early. Our photo galleries contain lots of fun. Please note sailors wishing to participate in NEWTS week must be at least working towards RYA Stage 2.

- **Summer Training**

This is open to everyone who has participated in the spring/summer training, and will usually consist of 3 or 4 sessions over the school summer holidays.

- **Autumn training**

This is also open to everyone who has participated in the spring/summer training, and will usually consist of 5-6 sessions in the first half of the Autumn Term. This course is intended to make the most of the warm water, and also for those sailors who intend to participate in winter training to keep them in practice.

## **Adult sailing courses**

- **Beginners**

We offer 10 week courses, which will run at a pace and nature to suit the sailors. Sailors should expect to achieve RYA Sailing Level 1, and RYA Sailing Level 2, and be ready to join in Club Races. At the end of the 10 weeks, additional sessions may be available - please talk to the instructor. Courses are planned for Monday, Tuesdays, and Wednesdays. Please apply for your preference, but please state in the notes if you can make any other days.

- **Intermediates**

For sailors in their second year or later this is a 10 week intermediate course aimed at improving skills, perhaps trying different boats, maybe helping in a decision as to which boat sailors might want to buy, build confidence and for those that want to, get involved in Club racing. Depending upon who applies, and their preferences, we may focus courses on specific classes of boat, eg CAT's or Lasers. This course is run on our exclusive adult training evening, which is on a Tuesday. We may possibly throughout the year be able to offer other sessions to tie in with Club racing or class specific. If you would like to participate, but cannot make a Tuesday evening please still apply with the days that you can make, and if we are able to accommodate you we will.

- **Taster sessions**

One and two session Taster Course may be available during the season. If you are interested in a Taster Course, and dates are not posted for these, please still apply and you will be contacted as soon as dates are available.

## **Windsurfing courses**

- **OnBoard**

A 6 week course on for youth beginners. MYC will supply the boards, you just need to have the correct clothing. These are run on Saturday mornings and at 4pm on Tuesday afternoons. MYC will supply boards.

- **Team15 and Adult**

Also a 10 week course, for beginners and intermediates (youth and adult). This is a Saturday morning course. MYC will supply boards, but some intermediates will be able to use their own boards.

## **Powerboat courses**

- **Powerboat level 2 (PB2)**

Courses do fill up quickly, and places will be allocated on a first come first serve basis. If you are interested in a PB2 Course, and dates are not posted, please still apply and you will be contacted as soon as dates are available.

- Duration: 2 days.
- Number of participants needed required to run course: min 3 and max 6.
- Minimum age: 12 years.

12 to 16 year olds can take a PB2 with an endorsement on the certificate stating that they should be accompanied by a qualified power boat driver. Once they reach 16 the issuing centre will re issue the certificate without the endorsement.

- **Direct assessment**

- Duration: ½ day.
- Number of participants needed required to run course: min 1 and max 3.
- Minimum age: 12 years.

Applicants for the Direct Assessment should familiarise themselves with the current PB2 syllabus, and be satisfied that they have the ability to pass the PB2, without the need for the course. Applicants should discuss their experience and ability with the PB Instructor, please contact the Training Secretary to arrange this. If applicants have any doubt as to their suitability for the Direct Assessment, then they should apply for the

PB2 course instead. Applicants who take the Direct Assessment and fail will be advised to either take the full PB2 course over 2 days at £125, or another Direct Assessment at £50 in the future after they have gained some more experience, depending on how well they had done.

- **Safety boat course**

- Fee: This course will be available free of charge to those members who have attained PB2 and have assisted in providing safety cover at the MYC.
- Duration: 2 days, one of which may be to provide safety cover for a Club Race or other event.
- Number of participants needed required to run course: min 3 and max 6.
- Minimum age: 16 years. In practice this will be subject to discussion with the PB Instructor. Applicants and Safety Boat Drivers must be physically able to, for example pull a man from the water on to a Safety Boat.

Membership discounts of £80 are available to members who complete the MYC powerboat training program as follows:-

- Gain RYA Powerboat Level 2 qualifications (as described above).
- Gain competency to the level required to take the RYA Safety Boat qualification.
- Gain RYA Safety Boat qualification (as described above).
- Provide safety cover at MYC races or suitable activities on at least four occasions during a membership year.

## **Other courses**

These are available periodically:-

- First aid.
- VHF Radio.
- Rules of Racing
- Race Officer

Watch out for more details, or contact the training secretary using the Contact Us page of this website.

## **Gear guide**

It is not necessary to invest in expensive clothing to start sailing, but it is important that sailors are properly equipped to be on the water. This is also true of other courses on the water ie Power Boat. It is always colder on the water than on land, and the conditions can change very quickly, so be prepared. Local chandleries and surf shops stock or can order most items. There are also a large number of on-line outlets. From time to time MYC is able to offer Henry Lloyd

clothing and equipment at largely discounted prices; this has been of most use for some of the winter clothing.

In Summer:-

- Wet suit, (courses start in April when the water can still be cold, so if you are buying a new wetsuit a winter or spring wetsuit which is warmer and thicker would be better.
- Spray Jacket
- Sun hat
- Wet suit/ sailing boots/beach type shoes
- Wetsuit/sailing gloves
- Sun cream
- Water

In Winter:-

- Wet suit, a winter or spring wetsuit which is warmer and thicker is essential or preferably a dry suit.
- Spray Jacket, if wearing a wet suit
- Woolly hat
- Wet suit/ sailing boots/beach type shoes
- Wetsuit/sailing gloves
- Water
- Life jackets are provided by MYC, as you progress you may wish to invest in your own life jacket. There are many outlets locally that stock most of this equipment, including a number of local Chandleries and surf shops. There are also many on-line stockists. Please also ask around and at the Club, as second-hand wet and dry suits etc are sometimes for sale.

## **Supported youth and junior classes**

MYC currently supports the following RYA recognised junior and youth classes and sailors are encouraged to sail in these classes.

- Optimist. Counting over 300,000 boats worldwide, this is perhaps the most popular junior boat in the world. It is simple enough to be sailed by an 8-year-old, and technically complex enough to challenge a 15-year-old. Half of the helms at the Sydney 2000 Olympics started in Optimists, as did British Olympic medal winners. Car toppable, it suits sailors from 8 to 15 years old with a wide range of weights. New Optimists can cost over £2000 with good condition boats in the £600 region being like gold dust. The class association organises a very full programme of events and training, including national events with some 300 entrants.
- Topper.
- Laser (radial and full rig).
- RS Feva.
- 420.

## Supported adult classes

For training, the club uses Wayfarers, Laser Pico's, 420's, RS Feva's and Toppers, and from 2010, Dart 16's.

## Buying a boat

After you have grasped the basics of sailing and are approaching your second or third season to progress and continue you do need to think about buying your own boat. The Club's dinghies are for training, so as new sailors join the Club we need to make boats available for them. If you are thinking about buying a boat please talk to other members and coaches who will all be able to offer advice, perhaps know of boats for sale, or who perhaps can look at a boat for sail with you. The club's website and notice boards usually have boats for sale - but be warned, Oppies and Toppers can sell quickly depending on demand. There are different things to look for depending upon the type of boat you are considering. If you are thinking about racing a boat then for some events there are strict rules that the boats must comply with. Nothing complicated, but you should be aware of them so you don't get caught out. Listed below are a few website links and hints to start you on your way.

- Optimist

If you are going to race an Optimist, and also want to be able to sell it a later date to someone who might wish to race it must have a completed and Registration Book and Measurement Certificate. Please see [www.optimistsailing.org.uk](http://www.optimistsailing.org.uk) for full details. Optimists are made by a number of boat builders; the Measurement Certificate records measurements ensuring all Optimists conform to the class rules.

The IOCA website has Optimists for sale at [www.mariner.co.uk](http://www.mariner.co.uk)

You will see a huge price range - please don't be out off. For about £800 you can buy a boat that will be good enough for sailing in national competitions.

When you go to see a boat apart from the paperwork you need to know what to look for:

Hull - should be sound, if it has evidence of cracks you need to establish if it has absorbed water as this will affects its weight.

Spars (mast boom and sprit) - make sure they are not bent or twisted.

Foils (Rudder and daggerboard) - check these have not warped or twisted.

Sails - you need to make sure the sail is right for your child's ability and weight, that it is crisp and not blown.

You may be lucky to find a boat that ticks all the boxes; if you are inexperienced please try and get advice from a coach, or other sailors. If anything is missing, or needs replacing you may want to look at what the replacement cost might be to help negotiate your price. You will find most of what you might need on [www.optimistonline.co.uk](http://www.optimistonline.co.uk)

While you are looking at the International Optimist Class Association (IOCA) website you should also consider joining. You need to be an IOCA member to enter many events. Please see [www.kbsuk.co.uk](http://www.kbsuk.co.uk)

- Topper

Thankfully the International Topper class Association (ITCA) have loads of advice about boat buying on their website at [www.gbrtopper.co.uk](http://www.gbrtopper.co.uk) They include a link for a website to look for second hand boats. Also [www.apolloduck.com](http://www.apolloduck.com) and [www.boatsandoutboards.co.uk](http://www.boatsandoutboards.co.uk) have loads of toppers for sale.

As with the Optimist you also need to consider joining the class association if you intend to enter events see [www.gbrtopper.co.uk](http://www.gbrtopper.co.uk).

- Other classes

As with the Oppie and Topper, the Club website and notice board, Apollo Duck and Boats and Outboards are good starting points to find out what's for sale.

Links to the class associations are below - their pages are a good source of information, including about and how to enter events, and you may want to think about joining.

Laser - [www.laserinternational.org](http://www.laserinternational.org)

RS Feva - [www.rs-association.com](http://www.rs-association.com)

420 - [www.420sailing.org](http://www.420sailing.org)

Dart - [www.dart18.com](http://www.dart18.com)

**Please remember you must insure your boat.** A wise move in any case and requirement if you are to sail in MYC training and events, and any other organised events. If you are a member or join the RYA, you may be able to benefit from discounted insurance see [www.rya.org.uk/joinrenew/benefits/insurance/Pages/yanddinsurscheme.aspx](http://www.rya.org.uk/joinrenew/benefits/insurance/Pages/yanddinsurscheme.aspx)

## Youth Squad training

Training and development squads provide sailors with more advanced coaching to develop their racing skills.

- MYC Squad. The MYC Squad enables sailors to develop and improve their skills at their home club. Currently the MYC Squad operates on Thursday evenings, to coincide with the training programmes. This allows MYC Squad sailors to race in the club racing on Thursdays, Saturdays and Sundays, and to enter open and national events.
- WYA Regional Squad. The Welsh Yachting Association (WYA) operates a Regional Squad system in North, South West and South East Wales. MYC is in the South East region. The Regional Squad provided around 6-8 days of race training during the winter, and is designed to help sailors improve their skills and knowledge. They are encouraged to continue club racing, and to enter the youth racing circuit and other open and national events. It is hoped that regional squad sailors will apply for a place in the Welsh national squad, in due course.
- Welsh National Squad. The Welsh national squad aims to develop and support elite sailors in Wales, so that they can perform at the highest levels in British and international competitions. Entry to the Welsh national squad is by a selection weekend, held at Plas Menai in North Wales, usually in late October or early November. National Squad sailors have 5-6 weekends of coaching, which include tactics, fitness, nutrition and sport psychology. Subject to performance, national squad sailors may be eligible for a squad boat under the WYA boat provision scheme. It is hoped that Welsh national squad

sailors will be selected for the British Squads. Further details are available from the WYA.

- GBR Squad. The GBR squad is operated by the RYA, and entry is through a series of selection events. The GBR squad provides additional coaching, training, physiology, psychology and potential access to travel grants and entry to International events as part of the British team.
- There are also a number of other squads, run by the Class Association's for example ITCA Development Squad. Check the class association websites, talk to your instructor or get in touch with the Regional Development Officer [www.welshsailing.org/homewal/Pages/contacts.aspx](http://www.welshsailing.org/homewal/Pages/contacts.aspx) for more advice and information.

## Event/Regatta Information

If you are going to enter an event and need a boat you must apply on-line as soon as possible, [Application to use boats/boards outside scheduled training](#). Boats will be made available on a first come first serve basis; if we are oversubscribed if you allow enough time we may be able to source boats from elsewhere. You may not use a boat unless you have applied and received confirmation that you may use the boat.

- MYC Club Racing and Regattas. Club racing is held throughout the year, and include a Warm Up, Summer, Evening and Winter and Youth Series. You can participate in ad hoc races, or as many in a series as you can to improve your chances of winning the series. MYC also holds and hosts a number of Regattas and events throughout the season, including Open Weekend, Mumbles Week, and the Navy Days Regatta. All these are advertised on the website, see [Events](#) for more information.
- CYRC - club youth racing circuit. The club youth racing circuit is designed to introduce sailors to open events, but without travelling many miles from home. They are usually one day events with three races, and suitable for sailors at Level 3 standards and above. Racing is normally organised in Optimist, Topper and general handicap classes, but separate class starts will be provided if there are sufficient entries. MYC will support entry by the loan of a training boat and buoyancy aid, if not required for training, for which a fee is payable.
- Welsh national events. The WYA organises a number of youth racing events during the year, and MYC encourages sailors to enter them. These include:-
  - Welsh Youth Championships, held at Pwllhelli each April.
  - Welsh Schools and Clubs Championships, held in South Wales each July.
  - The WYA Acorn Regatta, held at Llangorse, Brecon late August early September.
  - Volvo Welsh Youth and Junior Championships, held in September in Pwllhelli.

Racing is usually organised on two or more race areas, with separate starts for Optimist, Topper, Laser, slow handicap and fast handicap, depending on entries. Often there are three races held back to back, so sailors could expect to be on the water for several hours each day. The WYA/Acorn event is often less intense than the others, and used by national squad sailors to try a new class. WYA also use these events to "talent spot" potential national and regional squad sailors.

See [www.welshsailing.org/Pages/default.aspx](http://www.welshsailing.org/Pages/default.aspx) for information about WYA events.

For Oppie, Topper and other class specific events including Nationals see the Class Association website.

## How to apply and course enrolment

Please complete our online booking form. Please note some courses are subject to closing dates.

- [Online booking form](#)

You will then be sent an email receipt, and a copy of the declaration(s). Please note this is an automated email.

You will be notified by email a few days **after** the course application closing date if you have been allocated a place. Please note all the advertised courses may be subject to change depending on demand and instructor availability, but we will do our best to allocate the course place you applied for.

Once you have received confirmation of a place please print off and sign the declaration which was automatically emailed to you.

If you are not already a member you must also then complete a membership application form which is available from the Resources page of the website.

**This year we are reintroducing enrolment evenings.**

**You should attend one of the two scheduled enrolment evening (see Training Calendar for dates). One of these dates is also the Youth Induction.**

**Please bring with you the signed declaration and completed membership form. You will need to submit these together with separate cheques for the course fee and membership.**

**Please note you/ your child will not be permitted to participate if you have not completed and submitted a completed declaration and course fee, and membership form and fee.**

If you do not have access to email, Course and Membership application forms are available from the Club.

For further information please contact the Training Secretary using the Contact us page of this website.